

Cycle to the Sea April 28, 2006

What a great weekend for a ride to the beach! On April 28 a group of us did just that, heading out on the Adaptive Sports and Adventures Program's (ASAP) annual Cycle to the Sea (CttS). This 3-day, 180 mile ride from Charlotte to N. Myrtle Beach raises money and awareness for ASAP, a program that celebrates abilities rather than disabilities. Our group of twenty included 11 of us with physical disabilities riding handcycles. Each of us obtained pledges in order to participate. This event is one of ASAP's main fundraisers and allows them to continue to offer a variety of low- or no-cost programs for youth and adults with disabilities. The program provides equipment, instruction and opportunities to participate in sports, recreational activities and outdoor adventures.

On day one our group left Monroe, escorted by members of the Rolling Thunder Motorcycle Club who kept us safe all weekend.



The weather was ideal, temperature-wise, though a bit windy. No tailwind this year! The rolling hills of the piedmont provided quite a challenge for us, since some of them seemed to go straight up! Our non-disabled riders were there to lend a hand on those rare occasions when arm-power just wasn't enough. The scenery was great as we rolled down

back roads past pastures with horses, plowed fields and small towns as we made our way to Cheraw to end the day's ride.

We started day two with a chilly breeze, but quickly warmed up as we pedaled over gently rolling hills. We rode in two groups and with the big hills behind us we were able to work on drafting more. Since this was the first CttS for the majority of our riders, riding this close was a new experience. Fortunately, everyone learned quickly and other than the inevitable bump from behind there were no



problems. This was my favorite day, traffic-wise, as we were on dual laned roads for all but 5 of the 60 miles. The days' ride ended in Mullins.



Sunday! Today is the day! Everyone was eager to hit the road. We rode as one group for the first few miles, then we let (ahem!) the faster group go. With almost flat roads and a stiff breeze the order of the day, we kept a tight paceline. Our volunteers continued to meet us at rest stops every 10-12 miles. The lunch stop was the biggie, for that meant only 15 miles left. We were

met by the local police who would lead us the final 5 miles. 7-year old Ely Hager, who rode with us part of each day, led us the to the end at S. Ocean Drive, where we were met by friends, family, volunteers and staff from Carolinas Rehabilitation.



Thank you so very much for your donation to ASAP in support of my ride.

Cycling was a passion of mine before my injury, and was one of the things that I didn't think I'd ever do again. It was a few years before I discovered handcycling, and thanks to ASAP, I was given the opportunity to ride to the beach again. Your donation made this years ride possible.

Thank You!!

For information about ASAP call 704-355-1064. Contact me at 704-525-6127.

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(\$2,000.00 to date for donations)

